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GUIDE FOR NEW SOLDIERS



U.S. ARMY AND ARMY RESERVE



CONGRATULATE YOURSELF **TABLE**
YOU'RE ON YOUR WAY

A circular purple ink stamp. The outer ring contains numbers 1 through 19. The center text reads: "JAN 1994", "U.S. DEPT. OF JUSTICE", "DOCUMENTS", "Brown Library", and "A.C.U.". At the bottom, there is a date stamp "19 DEC 62". An arrow points upwards towards the number 14.

INTRODUCTION

You've enlisted.

Now you're part of our team, part of the Army family, and we're going to take care of you.

Be sure you contact your recruiter at least twice monthly before you depart for Basic Training. He'll keep you up to date and provide information about the challenge you've selected for yourself.

Be sure you remember your friends, too. Tell your recruiter their names. He'll meet with them, and they might take that big step you took and enlist. You'll be doing them a favor.

We, your fellow soldiers, encourage you to read this booklet. It'll answer most of your questions about the Army, let you in on some of our traditions and customs, and help you get ready for Basic Training.

Welcome to our Army.

CONGRATULATIONS: YOU'RE ON YOUR WAY

You've completed the first stage of your Military Entrance Processing Station (MEPS) processing. You've had your physical, taken your mental qualification exams, talked with your Army guidance counselor and reviewed the training program and other options you want.

You've also signed your enlistment agreement, a binding contract which spells out the conditions of your enlistment — period of service, training you are to receive, other terms and guarantees.

Read your contract carefully, and make sure you understand both your obligation to the Army and the Army's obligation to you. If there's anything you're in doubt about, ask your Recruiter.

Your next big step will come the day you report back to the MEPS to be sworn in as a soldier in a proud, strong Army.

It'll be a day filled with both excitement and forms. You'll have a last-minute physical check-up to make sure you're still healthy, and some interviews to make sure your status has not changed. Be sure to inform the interviewer of any medical or police problems you have had since your last visit to the MEPS, or any change in the number of your dependents.

You'll take your oath. Then you're on your way by plane, train or bus. Next stop? The Army Reception Battalion.

WHAT TO BRING

The following information will make your transition from civilian to military life a little easier. Keep it handy, and read it again before you report to the MEPS for active-duty enlistment. These are required items which you must bring with you or which you must be prepared to purchase upon your arrival at the Reception Battalion. If you have any questions, ask your Recruiter.

—CLOTHING. During training you won't have much opportunity to wear civilian clothing, and storage space will be limited. Bring no more

than a 3-day supply of casual, comfortable clothing, to include three sets of underwear (white) and a pair of comfortable shoes. Luggage should be limited to one small suitcase or gym bag. In addition, bring two locks (combination or padlock with two keys), an eyeglass band (if you wear eyeglasses), and an athletic supporter (males only).

—TOILET ARTICLES. You may purchase these on post, but you'll save time if you bring them with you. Shaving kit to include disposable/safety razor with blades and shaving cream/soap (optional for women). Toothbrush with case. Toothpaste. Dental floss. Deodorant. Hairbrush or 6" black comb. Shower shoes. Soap and soapcase. Shampoo. Two washcloths and towels (white).

—SHOES. Bring one pair of running shoes (basketball, tennis and other types of shoes not specifically designed for running are not authorized for use). Six pairs of white, calf-length athletic socks (no color bands, designs or logos).

—MONEY. We suggest you bring at least \$10, but no more than \$50, in cash. Also a good idea to use Traveler's Checks or Money Orders. Personal checks are not recommended because of limited check cashing facilities.

—DOCUMENTS. Social Security card. Bank, savings and loan, or credit union account number, name and address. Documents of ROTC experience (if applicable). Certified copies (not the originals) of your Marriage Certificate (if married), Divorce Decree or Separation Order (if divorced or separated), Birth Certificate of all children under 18, Affidavit of Support for Parents, Proof of Citizenship (aliens only). Driver's license. Writing paper, stamps, pencil and ball point pen (black or blue-black ink).

—YOUR ORDERS. Be sure to have all copies of orders and documents issued by your USAR and/or entrance and examining station. These orders must be delivered by you and by hand.

—TRAVEL AND MEAL TICKETS.

CONGRATULATIONS: YOU'RE ON YOUR WAY (continued)

WHAT NOT TO BRING

- FAMILY (your free time during training is very limited)
- PETS
- PRIVATELY OWNED VEHICLES
- EXPENSIVE PERSONAL ITEMS
(cameras, radios, tape players, jewelry, costly watches are hard to safeguard during training)
- NONPRESCRIPTION DRUGS OR DRUG PARAPHERNALIA
- STEEL HAIR PICKS
- WEAPONS
- OBSCENE OR PORNOGRAPHIC MATERIAL
- ALCOHOLIC BEVERAGES

FOR WOMEN ONLY

Additional items women might need or desire to bring to basic training are:

- Lingerie, panties (cotton recommended), bras, neutral shade nylons or panty hose, and one full slip
- Pajamas or nightgown and robe.
- Hair styles. Certain hairstyles are not considered appropriate when in uniform. They include: the ponytail, extreme bouffant styles that cause the hat to ride too high above the head, exotic upsweep hair-dos, the cork-screw or "corn row" styles. Hair may be long, but it must be styled while in uniform so that it does not extend below the bottom edge of the collar. Before Basic Training is over, the female soldier will appreciate having selected a hair style that is easy to shampoo and style.

CLOTHING AND JEWELRY

- Do not mix items of civilian clothing with your uniform and vice versa.
- You may wear some quarter-inch or less spherical earrings with service, dress, mess and maternity uniforms.
- Be sure that you are in good physical condition when you report to Basic Training.

WHEN TRAVELING

On your way to Basic Training, don't hesitate to ask airport, train or bus personnel for assistance. They can direct you to where you want to go, which can help you have a smooth trip.

If your departure is delayed, you should know that there are USO centers at some of the larger air terminals.

You will ordinarily travel to your Basic Training Reception Center by air and/or bus and can complete the trip in one day. If there is a delay, get a statement from the ticket agent stating the reason.

THE RECEPTION BATTALION: YOU'RE IN THE ARMY NOW

As the name implies, the Army Reception Battalion is where you begin the transition from civilian to soldier. Here you'll get your first taste of military life. You'll live in Army barracks, eat in an Army dining facility, and begin to learn the Army way.

Your stay at the Reception Battalion is brief, probably only three days, but it is important. Your military records are established here. These files (medical, financial and personnel) will follow you throughout your military career. Read them carefully and ask your interviewer any questions you may have. This is the only way you can be sure your records are correct.

Reception Battalion processing is a shock to some new soldiers. Hundreds of individuals are processed each day. Time is short, and being at the right place at the right time is crucial. But if you maintain a positive attitude, it should go smoothly.

Your Reception Battalion processing will include:

- General orientation
- Uniform issue and fitting
- Personnel records processing
- Identification (ID) card issue
- Eye and dental check
- Immunizations (shots)
- Initial pay
- Testing
- Interviews

You'll be on the receiving end of a mind-boggling amount of information. To give you a

rough idea, your general orientation alone will cover: postal service, legal assistance, medical facilities, recreational facilities and activities, religious services, leave and pass policies, post exchange facilities, medical care for dependents, financial care of dependents, movement of dependents, privately owned vehicles, visitors, family correspondence, shipment of civilian clothing, pay and allowances, service obligation, allotments, survivors' benefits and Servicemen's Group Life Insurance (SGLI).

You'll also have classes in barracks upkeep, physical training (exercise), drill (marching), and other subjects that will help you adjust to Army living and prepare for Basic Training.

Pay telephones are provided at the Reception Battalion for you to call home if you desire. (Try to have some change on hand.) But it might be advisable to tell friends and family that you'll be pretty busy the first few days and that if they don't hear from you right away, they shouldn't worry.

PAY OPTIONS

Within 3 months of completion of training or arrival at your first duty station, whichever is later, you will be required to establish an account with a US financial institution for direct deposit of your Army pay and allowances. You will be required to maintain such an account for as long as you remain on Active Duty.

ARMY TIME

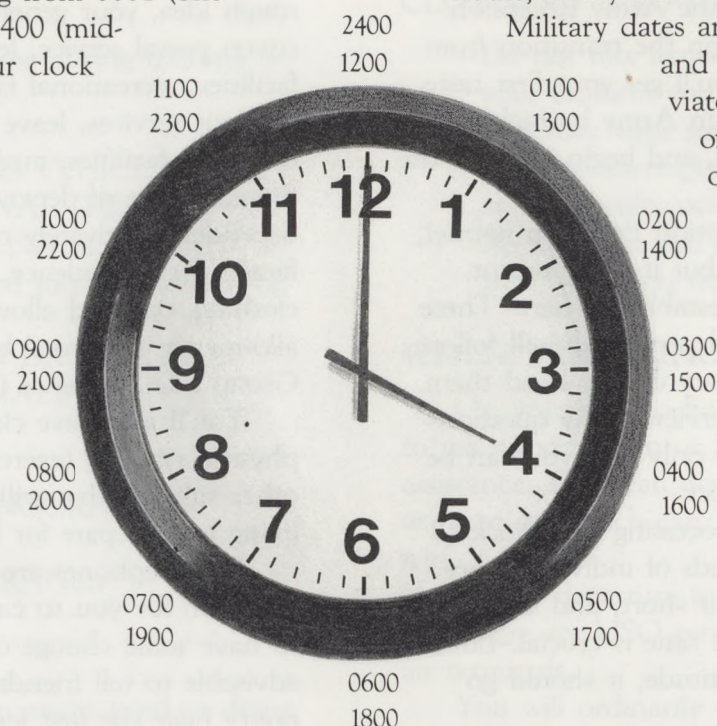
Because soldiering is often a 24-hour-a-day job, military time is expressed using 24 hours, in groups of four digits ranging from 0001 (one minute after midnight) to 2400 (midnight), based on the 24-hour clock system shown below.

The first two numbers represent the hours after midnight and the last two numbers the minutes

of each hour. For example, noon is 1200 hours; 9:30 a.m. is 0930; and 10:15 p.m. becomes 2215 hours, Army time.

Military dates are expressed by day, month and year, in that order — abbreviated to the first three letters of the month and last two digits of the year. For example:

June 6th, 1991 is expressed as 6 JUN 91.



THE ARMY ABC'S

Good communication is important to any organization; to the Army, the need is vital. Any message that isn't understood correctly can have critical consequences. When you're monitoring a crackling radio transmission, you can't think twice about whether that

was "C Company" or "G Company" you heard, "Co-ordinate D" or "Co-ordinate E." With Charlie and Golf, Delta and Echo, you won't have any doubt.

There are several versions of the phonetic alphabet. This is the approved Army version.

A B C D E F G H I J

Alpha Bravo Charlie Delta Echo Foxtrot Golf Hotel India Juliet

K L M N O P Q R S

Kilo Lima Mike November Oscar Papa Quebec Romeo Sierra

T U V W X Y Z

Tango Uniform Victor Whiskey X-Ray Yankee Zulu

THE SALUTE: CHIVALRY STILL LIVES ON

The salute you'll learn had its origin in another time; a time when kings ruled, knights wore armor and courtly manners flourished. It was the Age of Chivalry. The etiquette of the day dictated that, should two friendly knights meet, each would raise the visor of his helmet, show his face and pay proper respects to the other. Since both knights were completely clad in steel, they could recognize each other as friend or foe by the distinctive emblems and devices on their armor—another custom that still lives. Etiquette also decreed that the knights salute with their right hands. The right hand was the sword hand; raising it was a sign of trust.

Even after modern firearms had made steel armor a thing of the past, the knightly gesture of raising the right hand continued to be recognized as the proper greeting between soldiers.

To execute the hand salute correctly, raise the right hand smartly until the tip of the forefinger touches the lower part of the headdress or forehead above and slightly to the right of the right eye. The fingers and thumb are extended and joined palm down. The outer edge of the hand is barely slanted downward so that neither the palm nor the back of the hand is visible from the front. The upper arm is horizontal with the elbow inclined slightly forward and the wrist straight. At the same time turn the head toward the person saluted.

The junior salutes first, which is similar to the civilian custom and courtesies shown to elders and persons in positions of authority.

Salutes are exchanged out of doors, usually at a distance of 6 to 30 paces. The best general rule to follow is to salute at the moment recognition or eye contact is made.

Normally no one salutes indoors. Exceptions to this rule are: reporting to an inspecting officer, reporting to a visiting officer of rank greater than anyone in the room, reporting when summoned by an officer and reporting when permission has been granted to speak with an officer.

Salute the colors when passing the colors or when the colors are passing by. The salute is rendered and held from a distance of six paces before to six paces after.

When in doubt as to where and when to salute, SALUTE!

The military salute is today, as it always seems to have been, a unique form of exchange of greeting between military personnel; one that conveys pride, recognition and the utmost respect.

THE BUGLE: THE ARMY'S ALARM CLOCK

General Washington and his troops would recognize some bugle calls in use in the Army today. They go back to the earliest days of the Army. So, too, would the chivalrous knights in armor. The familiar wake-up call, Reveille, dates from the crusades. The Crusaders, in fact, were responsible for establishing music as an important part of both combat and military ceremony. (After experiencing first-hand the terrifying music used by the Saracens, the Crusaders adopted the enemy's captured instruments as their own.)

The Army's bugle calls were not standardized until after the Civil War. Until then, each branch, each company used its own calls. You can imagine the chaos and confusion when several units fought together.

From First Call in morning until Lights Out at night, the bugle calls you'll hear on post are prerecorded and played over loud speakers. Whether over a large area or above the din of battle, the purpose remains the same—effective communication.

ARMY RANKS AND GRADES

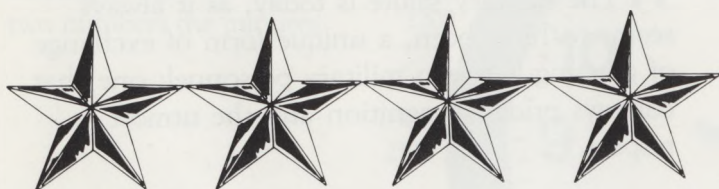
One of the first things a soldier must learn is the identification of officers and enlisted personnel, including noncommissioned officers.

COMMISSIONED OFFICER RANKS

There are several paths to becoming a commissioned officer, including the United States Military Academy at West Point, Army ROTC and Officer Candidate School.

If you can't tell the officers without a "scorecard," here's one showing officer and NCO insignia clearly, in order of rank and grade.

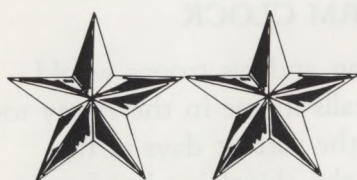
Certain professionals—physicians, nurses, lawyers, chaplains—are commissioned directly into the Army. But no matter what road an officer takes, the insignia are the same.



General



Lieutenant General



Major General



Brigadier General



Colonel



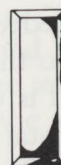
Lieutenant Colonel
(silver)



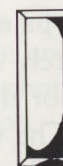
Major
(gold)



Captain



1st Lieutenant
(silver)

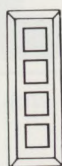


2nd Lieutenant
(gold)

WARRANT OFFICER RANKS

Warrant Officers have nearly the same status and privileges as commissioned officers but are initially appointed by warrant because of their technical expertise. Most Army

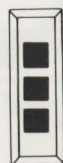
pilots, for instance, are Warrant Officers. The insignia are silver with black bars.



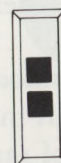
Master Warrant Officer
MW-4



Chief Warrant Officer
W-4



Chief Warrant Officer
W-3



Chief Warrant Officer
W-2



Warrant Officer
W-1

ENLISTED GRADES

Most likely, your first encounter with the Army was with a sergeant, your Recruiter.

You'll encounter plenty of sergeants during your time in the Army. Just remember, their job isn't to get the best of you, but to bring out the best in you.

You'll hear sergeants referred to as NCOs, short for noncommissioned officers. Sergeants are also called "hard stripes," in recognition of their leadership position. This distinguishes them from specialists who might have the same grade, but not the leadership responsibilities.



Sergeant Major of the Army



Command
Sergeant Major (E-9)



Sergeant Major (E-9)



First Sergeant
(E-8)



Master
Sergeant (E-8)



Sergeant First Class (E-7)



Staff Sergeant (E-6)



Sergeant (E-5)



Corporal (E-4)



Private
First Class (E-3)



Private (E-2)

SPECIALIST

In the Army, you wear your success on your sleeve. If there is no rank, it means the soldier is a new recruit. Stripes come quickly, though, as you master your skill. Soldiers outside the combat arms are often promoted as specialists, in

recognition of their proficiency and ability, especially in technical areas. NCO insignia are worn with the point directed upward; specialist insignia point down.



Specialist (E-4)

OFF TO TRAINING: THE MAKING OF A SOLDIER

Now that you've been through the Reception Battalion, you're ready to begin your Army training. In most cases, your training will be conducted in two phases. In Basic, also called Initial Entry Training (IET), you'll learn the fundamental skills of soldiering. In Advanced Individual Training (AIT), you'll learn the skills needed to become a special kind of soldier.

Some soldiers will have a different form of training, called One-Station Unit Training, or OSUT. In OSUT, all the training is tailored toward a specific job skill, combining Basic and AIT in a program which usually lasts 14-16 weeks.

BASIC TRAINING: You'll Feel Tired, Sore and Terrific

Basic training lasts approximately eight weeks.

Training to become a first-class soldier has never been easy; today, with more modern tactical and strategic options, more sophisticated military equipment and technology, and more skills to master, you'll learn more than any soldiers ever, and in a shorter period of time.

Your Drill Sergeant is the individual primarily responsible for your training. You may think this individual does an unusual amount of shouting, all of which seems directed to you. But if it's any comfort, everyone in your training company may feel the same way. So don't let it get to you. The Drill Sergeant's job is to turn you into a good soldier within just a few weeks. You will come to remember your sergeant, if not with affection, certainly with respect.

Once training is over, you'll find you have a new frame of reference, new confidence in yourself, and improved physical and mental abilities. You'll look terrific and feel good about yourself. And you'll know why most soldiers look back on Basic Training as some of their best times in the Army.

What You'll Learn

Military Courtesies and Customs • Drill and Ceremonies • Wearing of the Uniform • Inspections • Guard Duty • Role of the Army • Responsibility of a Soldier • Code of Conduct, Geneva and Hague Conventions • Marches and Bivouac • Basic Rifle Marksmanship • Hand Grenades • Familiarization with US Weapons • Military Justice • Personal Health and Hygiene • Hazards of Drug & Alcohol Abuse • First Aid • Individual Tactical Training Techniques • Fire and Maneuver • Defensive Training • Confidence Course • Physical Training • Military Awards

THE EIGHT WEEKS CHALLENGE

After your reception battalion processing, you will proceed, with other members of your Basic Training unit, to your training base with your mind free to concentrate on the challenge of learning and soldiering.

New subjects, methods of instruction, and the "GO/NO GO" Performance testing system insure that you learn your basic skills completely. If you get a "NO GO" on a performance test, you will be required to repeat that training.

But remember, you won't be asked to do anything that you cannot do. It's just as tough for your buddies as it is for you.

Typically, Basic Training will take you eight weeks.

WEEK 1

The first training week is largely devoted to adjusting to basics and getting in shape. You'll do various types of exercises and plenty of running. It's called PT (Physical Training), but you may call it something else.

You'll start on the manual of arms with your new-found buddy—your rifle. This is called Army Drill (AD).

You'll find out what guard duty is all about—including the composition, purpose, and duties of a guard and the meaning of Special and General Orders.

You may start on your Basic Rifle Marksmanship Course (BRMC) and learn the function and nomenclature of your rifle—how to assemble, disassemble, clean and adjust the sight.

You'll learn to prepare for, and have, your first barracks inspection. (Your first inspection may not be good enough—but you'll get better!)

WEEK 2

More PT. New exercises, wind sprints and running. You're introduced to the bayonet and basic bayonet movements.

You will be completely indoctrinated into the care and use of your basic weapon—the M-16 rifle.

Manual-of-arms training is emphasized. You are introduced to the various firing positions, range procedure, coaching, steady hold factors and use of score cards.

Your second week ends with preparation for inspection of your troop formation.

WEEK 3

The third training week is devoted almost entirely to rifle marksmanship. You'll practice firing from all positions, rapid reloading, rapid fire, moving with a loaded weapon, sight adjustment, firing at surprise targets, and aiming point.

You'll also get in some practical PT. You'll be paired off in simulated hand-to-hand combat, and gas drill.

Another inspection comes up, too, conducted in ranks with and without weapons.

WEEK 4

M-16 qualification. If you've learned well, you might earn a Sharpshooter, even Expert, badge. Here's where all your practice pays off.

You'll make tactical daylight marches . . . learn security and dispersion discipline . . . practice guerrilla exercises . . . pair off in simulated hand-

to-hand combat. You'll do more running, wind sprints and pull-ups.

Then, the weekly inspection—in ranks, with weapons.

WEEK 5

You've made it more than half-way!

This training week, you do what you used to call camping. In the Army, it's called bivouac. You live in tents and do your soldiering in the field. You learn basic first aid, camouflage, how to take cover and set up defensive positions, and continue to work with your M-16, including night firing.

Even in the field, you can't completely escape PT, bayonet drills and hand-to-hand combat training.

Inspection of your living area and weapon this week is tough and exacting. But so are you.

WEEK 6-7

Now the training intensifies, and the pace quickens, as you prepare for your final proficiency testing.

Night training includes a tactical march, and possibly an infiltration course. You'll learn about other weapons—machine guns, grenade launchers and mines. Map and compass reading. How to judge terrain, distance and direction.

PT now is a general review of physical contact exercises. In fact, you review everything you've learned in the past weeks, and you'll be amazed at how natural its become.

This week's inspection consists of a display of field gear, a check of foot and wall lockers, in-ranks with weapons and barracks inspection.

WEEK 8

This is it! You're not struggling through your push-ups and sit-ups any more. You prove it when you're tested. All of your training has been directed toward this week—and it pays off in all of your proficiency tests.

Then comes the big day when you put on your dress uniform and step onto the parade field

THE EIGHT-WEEK CHALLENGE (Continued)

for graduation. It's a proud occasion—you've made it!

ADVANCED TRAINING: Learning a Skill

AIT is where you learn your specific military specialty, your Army skill. AIT programs generally range from 7 to 9 weeks, although some of the highly technical training programs can last almost a year.

Your AIT will consist of practical, hands-on training, combined with classroom instruction by experts in the branch you've chosen. You'll have the benefits of the very latest in teaching aids, some of which will enable you to self-pace your training and speed your progress. The quality of the training you'll get would be difficult to match in civilian life at any price.

THE ARMY UNIFORM:

**WEAR IT PROPERLY,
WEAR IT PROUDLY.**

Every soldier, both Active-duty and Reserve, will be issued complete uniforms suitable for summer and winter—which may include service, battle-dress, field, utility and work uniforms appropriate to each individual's assignment, geography, climate, etc. They include everything from combat boots to belt buckles, socks to sweaters, name tags to bath towels.

You will be expected to keep these uniforms in a clean and pressed condition and in good repair—with brass shined and shoes and boots polished. All military installations offer on-post

laundry and cleaning services, and some Reserve units have arrangements with similar facilities for regular uniform laundering, cleaning and maintenance at reasonable prices. Free repairs for work-related rips, tears, etc. can be obtained through your supply sergeant.

Additional uniform items and insignia can be purchased at reasonable prices at the Post exchange clothing-sales store.

The proper uniform for all occasions will be designated by the commanding officer and communicated to you by the First Sergeant or supervisor.

STANDING TALL AND LOOKING GOOD

*"Standing tall and looking good, We're gonna be in Hollywood.
Sound off, one, . . . two, . . . three, . . . four."*

After about your third week of basic training, you'll know the spirit behind "Standing Tall," one of the Army's more popular cadence counts (After your first few attempts at marching in a group, you'll also appreciate the value of cadence counts).

You will in fact be standing taller, looking good. And, you'll be feeling great about yourself.

You'll owe the experience to the mixture of exercises, grass drills, wind sprints and running known as "PT," physical training.

Each week, you'll find yourself doing things you couldn't have done the week before. You'll be able to watch your own progress as you slim down, firm up, fill out. You'll also have regular PT tests to help you chart the way. The PT test standards are listed on the following pages.

The minimum and maximum standards shown on the charts are standard for everyone in the Army. Each soldier, regardless of rank, must meet the standards. Whether you are in the Active Army or the Army Reserve, your physical condition will be measured during your first week of Army life. If necessary, you will be placed in a conditioning program prior to starting Basic Training.

To start getting in shape you should do a variety of exercises before you report for Basic Training. Sample exercises appear on the following pages. Although your PT test will only measure push-ups, sit-ups, and a two mile run, a variety of exercises will help you meet all physical challenges you face. The start of a good conditioning program now will save you sore muscles later. Who knows, . . . maybe you'll even "max" your first PT test!

EXERCISING

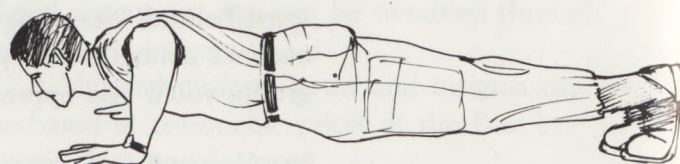
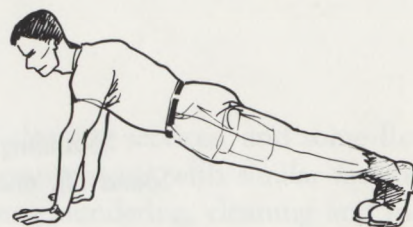
Before beginning any exercise you should "loosen-up." There are a variety of stretching exercises you may do to prepare you for your workout. Your Recruiter will be happy to show you how to do some of them.

The Push-Up

The push-up is a measure of strength of the chest and shoulder muscles and the triceps. The push-up is not a measure of form. To do the push-up you should get on the floor with your arms extended and elbows locked. Place your hands and feet where they are most comfortable to you. Your toes should be touching the ground with your feet together or up to 12 inches apart. When viewed from the side, your body should form a generally straight line from your shoulders to your ankles.

You begin the push-up by bending your elbows and lowering your entire body as a unit until your upper arms are parallel to the ground. Then return to the starting position by raising your entire body until your arms are fully extended with your elbows locked (see diagram). This is one repetition.

The Push-Up



Side View



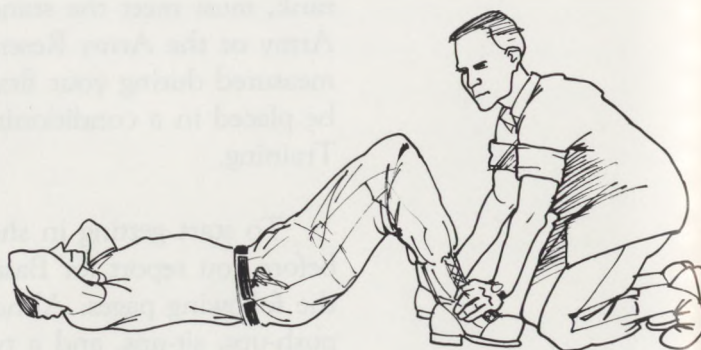
Front View

The Sit-Up

The sit-up measures the strength of the abdominal and hip flexor muscles. You begin this exercise by lying flat on your back with your knees bent so that a 90-degree angle is formed by your upper and lower legs. Your feet may be spread up to 12 inches apart. Usually another person will hold your feet. However, if you are doing this exercise alone you can "hook" your feet under something. Your fingers will be interlocked behind your head, and the backs of your hands will touch the ground. Your arms and elbows need not touch the ground.

You begin this exercise by raising your body to the vertical position. The vertical position means that the base of your neck is above the base of your spine. After you have reached or surpassed the vertical position, lower your body until the upper portion of your back touches the ground (see the diagram). This is one repetition.

The Sit-Up



WEIGHT FOR HEIGHT TABLE

Height (in inches)	MEN			
	Age			
	17-20	21-27	28-39	40-
58	—	—	—	—
59	—	—	—	—
60	132	136	139	141
61	136	140	144	146
62	141	144	148	150
63	145	149	153	155
64	150	154	158	160
65	155	159	163	165
66	160	163	168	170
67	165	169	174	176
68	170	174	179	181
69	175	179	184	186
70	180	185	189	192
71	185	189	194	197
72	190	195	200	203
73	195	200	205	208
74	201	206	211	214
75	206	212	217	220
76	212	217	223	226
77	218	223	229	232
78	223	229	235	238
79	229	235	241	244
80	234	240	247	250

PT TEST. MEN MINIMUM/MAXIMUM STANDARDS

Age	Push-Ups Min/Max	Sit-Ups Min/Max	Two-Mile Run Min/Max
17-21	42/82	52-92	15:54/11:54
22-26	40/80	47/87	16:36/12:36
27-31	38/78	42/82	17:58/13:18
32-36	33/73	38/78	18:00/14:00
37-41	32/72	33/73	18:42/14:42
42-46	26/66	29/69	19:12/15:12
47-51	22/62	27/67	19:36/15:36
51 PLUS	16/56	26/66	20:00/16:00

WEIGHT FOR HEIGHT TABLE

Height (in inches)	WOMEN			
	Age			
	17-20	21-27	28-39	40+
58	109	112	115	119
59	113	116	119	123
60	116	120	123	127
61	120	124	127	131
62	125	129	132	137
63	129	133	137	141
64	133	137	141	145
65	137	141	145	149
66	141	146	150	154
67	145	149	154	159
68	150	154	159	164
69	154	158	163	168
70	159	163	168	173
71	163	167	172	177
72	167	172	177	183
73	172	177	182	188
74	178	183	189	194
75	183	188	194	200
76	189	194	200	206
77	193	199	205	211
78	198	204	210	216
79	203	209	215	222
80	208	214	220	227

PT TEST. WOMEN MINIMUM/MAXIMUM STANDARDS

Age	Push-Ups Min/Max	Sit-Ups Min/Max	Two-Mile Run Min/Max
17-21	18/58	50/90	18:54/14:54
22-26	16/56	45/85	19:36/15:36
27-31	15/54	40/80	21:00/17:00
32-36	14/52	35/75	22:36/18:36
37-41	13/48	30/70	23:36/19:36
42-46	12/45	27/67	24:00/20:00
47-51	10/41	24/64	24:30/20:30
51 PLUS	09/40	22/62	25:00/21:00

ARMY BRANCHES

When in dress uniform (and sometimes in work uniforms), every member of the Active Army and Army Reserve will wear a lapel insignia identifying his or her branch of service and/or primary MOS, as shown below.

Proper recognition of this insignia will be helpful in locating assistance, establishing friendship and distinguishing the Chaplain from the Provost Marshal.

Adjutant General Corps

Charged with a variety of administrative duties, including records management, publications, office information systems and field printing. They also provide unit personnel services.



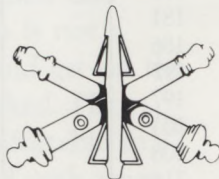
Adjutant General Corps, officer.



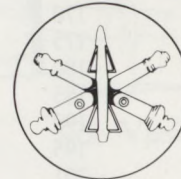
Adjutant General Corps, enlisted.

Air Defense Artillery

Charged with provision of protective air defense over the battlefield.



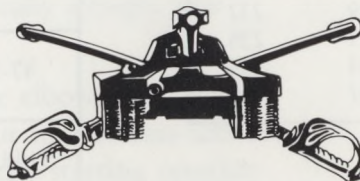
Air Defense Artillery, officer.



Air Defense Artillery, enlisted.

Armor

Responsible for the development and conduct of mobile warfare.



Armor, officer.



Armor, enlisted.

Army Medical Specialist Corps

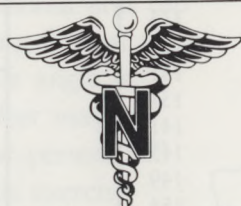
The component of the Army Medical Department that provides dietary, physical therapy and occupational therapy services.



Army Medical Specialist Corps, officer.

Army Nurse Corps

The component of the Army Medical Department that provides nursing services.



Army Nurse Corps, officer.

Aviation

Incorporates all Army aviation assets, except Medical Service Corps aviation.



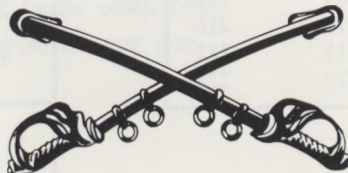
Aviation, officer.



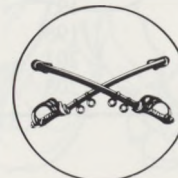
Aviation, enlisted.

Cavalry

A subcomponent of the Armor Branch which employs less heavily armored vehicles, mainly in screening and reconnaissance roles.



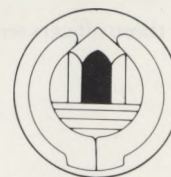
Cavalry, officer.



Cavalry, enlisted.

Chapel Activities Specialist

A designation for those enlisted personnel who assist Chaplains in the performance of their duties.



Chapel Activities Specialist

Chaplain Corps

Provides religious services, education and counseling for the American soldier, the dependent family and authorized civilians in a military environment.



Chaplain, Christian faith.



Chaplain, Jewish faith.

Chemical Corps

Concerned with the chemical, radiological and biological protection not only of the Army but also the Navy, Air Force and Marine Corps. The Chemical Corps also works closely with civil defense authorities and other elements of the United States Government.



Chemical Corps, officer.



Chemical Corps, enlisted.

Civil Affairs

A designation for those personnel assigned to provide a liaison between military and civilian authorities in areas of military operations.



Civil Affairs, officer.



Civil Affairs, enlisted.

Corps of Engineers

Responsible for the construction, maintenance and repair of facilities and fortifications, and the breaching of enemy fortifications. The Corps of Engineers is also responsible for navigational and harbor improvements.



Corps of Engineers, officer.



Corps of Engineers, enlisted.

Dental Corps

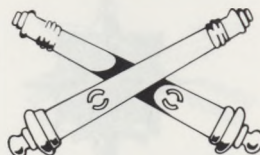
The component of the Army Medical Department that provides dental services.



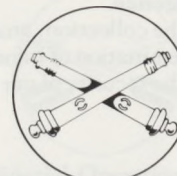
Dental Corps, officer.

Field Artillery

Responsible for employing both cannon and missile fire on the battlefield.



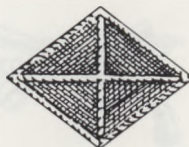
Field Artillery, officer.



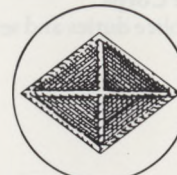
Field Artillery, enlisted.

Finance Corps

Responsible for accounting, disbursing, administration and auditing of Army funds.



Finance Corps, officer.



Finance Corps, enlisted.

General Staff

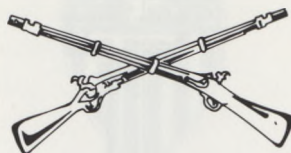
A designation for those officers serving on a General's staff.



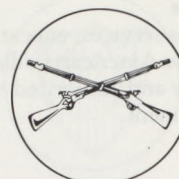
General Staff, officer.

Infantry

Employs foot soldiers in both mechanized and dismounted roles.



Infantry, officer.



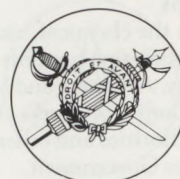
Infantry, enlisted.

Inspector General

A designation for those personnel assigned responsibility for inquiring into the performance of mission and state of readiness, economy, efficiency, discipline and morale of a command. The Inspector General Office also administers the IG complaints system.



Inspector General, officer.



Inspector General, enlisted.

Judge Advocate General Corps

Responsible for the administration of the Uniform Code of Military Justice and the provision of legal advice and assistance within the Army.



Judge Advocate General, officer.



Judge Advocate General, enlisted.

Medical Corps

The component of the Army Medical Department that sets physical standards, and provides physician services for Arms personnel and their dependents.



Medical Corps, officer.



Medical Corps, enlisted.

Medical Service Corps

The component of the Army Medical Department that provides scientists and specialists in areas allied with medicine, and technicians in the areas of administration, supply, environmental sciences and engineering related to the provision of medical services.



Medical Service Corps, officer.

Military Intelligence

Responsible for the collection, analysis, production and dissemination of information on the enemy, and the security of our information.



Military Intelligence, officer.



Military Intelligence, enlisted.

Military Police Corps

Charged with police duties and security responsibilities.



Military Police Corps, officer.



Military Police Corps, enlisted.

National Guard Bureau

A designation for officers serving on the National Guard Bureau Staff.



National Guard Bureau, officer.

Ordnance Corps

Responsible for logistical management of Army ammunition, weapons, vehicles and missiles.



Ordnance Corps, officer.



Ordnance Corps, enlisted.

Psychological Operations

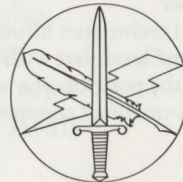
Communicate information to host nation audiences via radio, television, leaflets and loudspeakers to influence perceptions and encourage desired behavior.



Psychological Operations, enlisted.

Public Affairs

Charged with disseminating information through print and electronic means.



Public Affairs, enlisted.

Quartermaster Corps

Concerned with procurement, cataloging, inventory, storage distribution, salvage and disposal of supplies.



Quartermaster Corps, officer.



Quartermaster Corps, enlisted.

Signal Corps

Responsible for the overall mission of planning, installing, operating and maintaining the Army's communications systems.



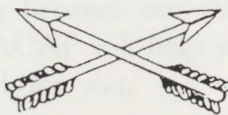
Signal Corps, officer.



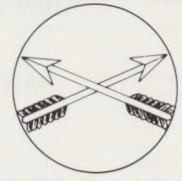
Signal Corps, enlisted.

Special Operations/Special Forces

Special Operations is a designation for those enlisted personnel serving in the special operations (Green Beret) career management field.



Special Operations/
Special Forces, officer



Special Operations/
Special Forces, enlisted

Staff Specialist Corps

A Reserve Component designation for personnel serving on a unit staff. These personnel would most likely change their designation to an Active Component designation upon mobilization.



Staff Specialist, ARNG/USAR officer.

The Sergeant Major of the United States Army

This individual serves as the senior enlisted advisor and consultant to the Chief of Staff of the Army on matters affecting enlisted personnel.



The Sergeant Major of the United States Army.

Transportation Corps

Responsible for the movement of Army personnel and supplies.



Transportation Corps, officer.



Transportation Corps, enlisted.

Veterinary Corps

The component of the Army Medical Department that provides food hygiene, preventive medicine and animal medicine.



Veterinary Corps, officer.

Warrant Officer

A highly-skilled technician filling a position above the enlisted level, but with too specialized a scope for the position of a more broadly trained, branch-qualified commissioned officer.



Warrant Officer.

THE CONCURRENT ADMISSIONS PROGRAM (CONAP)

Now that you've enlisted in the Army, have you given much thought to your future educational plans? During the recruiting process your recruiter talked to you about CONAP. This program allows you to enlist in the Army or the Army Selected Reserve and then apply to your choice of CONAP participating colleges or universities. If you meet the school's admission standards you're in. There are a large number of colleges nationwide that participate in CONAP.

And you may have signed up for the Montgomery GI Bill (MGIB) or if you're eligible, the MGIB Plus the Army College Fund (ACF). No matter what program you enlisted for, you will leave the service with a significant amount of money to attend college or a vocational/technical school.

Make tomorrow's education plans today. Ask your recruiter for his assistance in completing the CONAP College Referral Form and also the school's application forms. By completing this process soon after enlistment, you will have established your future educational plans prior to basic training. Through CONAP, the MGIB, and the ACF, the Army offers you a great start to your future.

THE ARMY CAREER AND ALUMNI PROGRAM (ACAP)

Earlier in this booklet we told you that the Army is a family and that we take care of our own. We'll even take care of you when you decide to leave the Army.

The Army has a program called the Army Career and Alumni Program (ACAP). One of the program's goals is to assist soldiers in finding work in the Civilian market place. The Army will ultimately have over 50 job-assistance centers worldwide. These centers will provide the necessary linkage between our soldiers and outside employment opportunities. ACAP will help you put the skills you learned in the Army to work for you.

For more information you may call the main ACAP office at (703) 325-3591. Or, you may write to the following address:

U.S. Total Army Personnel Command
Army Career and Alumni Program Division
ATTN: TAPC-PDC-J
2461 Eisenhower Avenue
Alexandria, VA 22331-0479

Important Names and Addresses

Name: _____	Name: _____
Address: _____	Address: _____
_____	_____
_____	_____
Telephone: _____	Telephone: _____
Name: _____	Name: _____
Address: _____	Address: _____
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Telephone: _____	Telephone: _____
Name: _____	Name: _____
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Name: _____	Name: _____
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QUESTIONS AND NOTES

As you get closer to your report date you may have some questions about your new career that this booklet does not answer. Use this section to record items you need to discuss with your Recruiter.

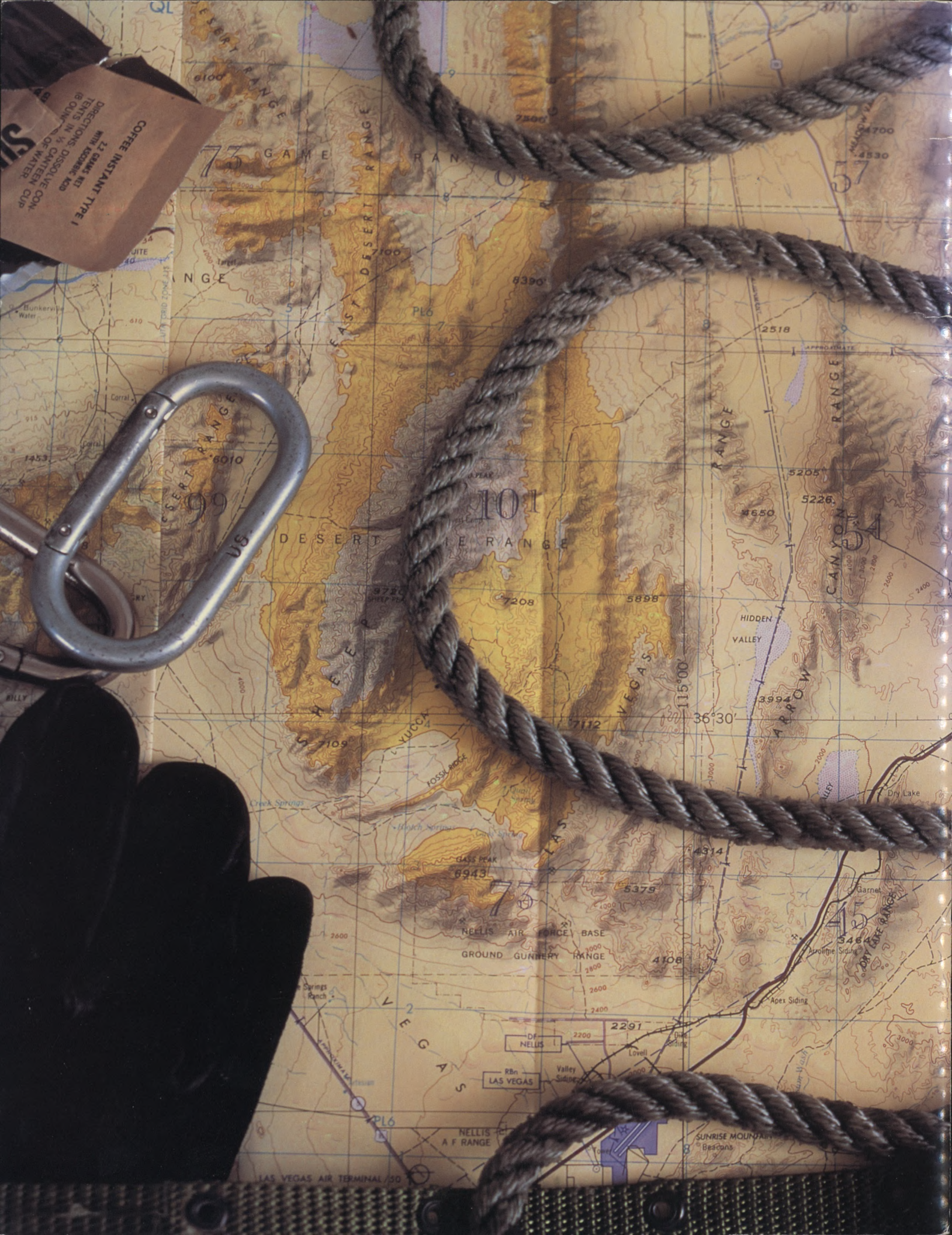
THE U.S. ARMY AND ARMY RESERVE
BE ALL YOU CAN BE

Now information in this booklet is subject to change.
See your Army Recruiter for the latest information.

**THE U.S. ARMY AND ARMY RESERVE.
BE ALL YOU CAN BE.**

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See your Army Recruiter for the latest information.





COFFEE INSTANT TYPE I
22 CUPS
DIRECTIONS: DISSOLVE CUP
IN 1/2 CUP WATER
STIR



LAS VEGAS AIR TERMINAL / 50